

Frequently asked questions

Does the influenza vaccination work?

YES. Influenza vaccine prevents illness in up to 90% of healthy adults.

How long before the vaccination works?

The vaccine takes approximately 10 to 14 days to become effective. If you come in contact with the flu virus during this time, you may not be protected. Therefore, vaccinating early (March - April) before the virus becomes prevalent, is very important.

Are there any side effects from the vaccine?

Occasionally you may experience redness and tenderness around the injection site within 24-48 hours. Very rarely, an allergic reaction can occur. We ask you to wait for 20 minutes after your vaccination, to ensure all is well.

How long am I protected for?

Protection lasts the duration of one influenza season and up to one year.

Who can have the influenza vaccine?

Most people are able to have the flu vaccination. However, we would like to chat to you if you are pregnant, have an allergy to eggs or problems with your immune system.

Will influenza protect me against the common cold?

NO. The vaccine will only provide protection against the strains of influenza present in the vaccine.

Can I get the flu from having the vaccination?

NO, because the vaccine does not contain any live viruses.

Is the flu vaccine the same as that I would receive if I went to my GP?

YES, the vaccine is exactly the same as the one you would receive from your local medical centre.

Will an anti-viral prevent me developing influenza?

NO. Anti-virals only help relieve symptoms once you have the flu. Your best prevention method is to get vaccinated.

I'm fit and healthy, can I still get the flu?

YES. Regardless of how fit and healthy you are, you can still catch the flu.

About our Service

Maxwell Health comes to your work place to vaccinate you against the flu!

We have been providing workplace flu protection for over 11 years.

Because we come to you, it's more convenient than going off site.

We offer a nationwide voucher service if you can't attend our site visit.

Still not sure? Visit our website or call our friendly team.

100% Satisfaction Guaranteed

If any of those vaccinated are clinically diagnosed as having the Influenza virus during the winter, we will refund the cost of the vaccine for that person.*

*(Conditions apply)

What is being said about Maxwell Health

"Maxwell Health arrange for vaccinations at all 60 of our remote sites. The whole process is handled very efficiently which takes much of the work away from our office. We appreciate the time and effort Maxwell Health put into helping all our people access the flu vaccinations so easily."

Eleanor Barwell, Bridgestone NZ



Information throughout this pamphlet has been sourced from the Immunisation Advisory Centre, Ministry of Health and the National Influenza Strategy Group.



Maxwell health group

HEALTH RECRUITMENT | WORKPLACE HEALTH



Don't let the flu get you!
Mobile workplace
flu vaccinations



What is the Flu?

Influenza, commonly known as 'the flu' is a viral infection of the breathing passages. The flu is highly infectious and can be easily spread.

When an infected person coughs or sneezes, droplets containing the virus are thrown into the air and onto surfaces, waiting for you to collect them.

Your symptoms will appear suddenly and begin with chills, followed by a headache, fever, sore throat, exhaustion and a cough.

You may mistake having the common cold as having the flu. Even though symptoms are similar, the flu is very different, a much more severe condition that can last at least ten days and be fatal.

Although the peak period is between May and September, new strains of the virus are continually developing and spreading. So even if you have vaccinated against the flu before, you may catch a different strain.

Why vaccinate?

Your immunity develops when you are exposed to a particular strain of virus through vaccination (a little like how a tetanus booster works). The flu vaccination prepares your immune system to help fight the live flu virus expected to be circulating every year. Annual vaccination is essential to ensure you are protected for the coming winter.



Just three easy steps to fight the flu

- 1 Register with your co-ordinator or put your name on the sign up poster.
- 2 Our nurse gives your vaccination as an injection in your arm.
- 3 Collect your after immunisation leaflet and "relax" for 20 minutes.

Return to work and enjoy a healthy winter season knowing you are protected from the flu.

There is nothing to worry about, our nurses will look after you.

Reduces the spread of flu

Protects against 3 strains of the virus including Swine Flu

Minimise your chances of catching the flu

Easy – only one visit per year

Why you should have your flu shot this year!

Prevention is better than cure

Help protect your family and colleagues

90% effective

False X

The flu is just a bad cold right?

The flu vaccination can give me the flu.

I'm too fit and healthy to get the flu.

True ✓

No. The flu is different from a cold. It can be deadly. The flu is serious!

No. The flu vaccine prepares your immune system to fight the flu. The vaccine itself contains no live viruses.

Flu can attack anybody at anytime. It attacks your immune system & doesn't care if you are fit or healthy!